

# Discharge for people with diabetes + Covid-19 + dexamethasone

For general advice see: [Association of British Clinical Diabetologists Covid Dex and Diabetes advice at this hyperlink](#)

*Please check HbA1c in ALL patients starting dexamethasone*

## Type 2 diabetes

Known Type 2 diabetes;  
Oral medication

Stop SGLT2i (-gliflozins) till recovered as risk of DKA  
Stop metformin till recovered due to risk of lactic acidosis

**New** Type 2 diabetes

See National ABCD diabetes and dexamethasone advice at [this hyperlink](#)

Rx may need to be reduced on recovery

Known Type 2 diabetes;  
**Already** on insulin

Advise to test glucose at least qds  
Ensure patient has glucose meter, strips and needles (call DSNs, Bristol or Balcombe for supplies)

Type 2 diabetes;  
**New to** insulin

Panda referral to diabetes nurses who will educate patient and facilitate discharge.

## Type 1 diabetes

Known Type 1 diabetes

Advise to test glucose at least qds  
Ensure patient has glucose and ketone meters, strips and needles (call DSNs, Bristol or Balcombe for supplies)

**New** Type 1 diabetes

Panda referral to diabetes nurses who will educate patient and facilitate discharge.

All outpatients diabetes team can arrange prompt follow-up: this means that it is usually safe to discharge people with diabetes as long as their glucose remains between 4-20mmol/L with normal ketones. If in doubt refer to diabetes inpatient nurses via Panda.

Give all patients the Diabetes UK discharge document found at [this hyperlink](#).

Discharge summary to GP as usual.  
Diabetes follow up with practice nurse

Include: HbA1c result; steroid plan (or date dex stopped); and any change in diabetes medications

Discharge process depending on medications

Include: HbA1c result; steroid plan; and any change in diabetes medications

Orals

**New to** insulin  
Call DSNs

These patients need to be followed up by a specialist diabetes team (which differs by area)  
They **need** to be sent a copy of the discharge summary as below:

- Include: HbA1c result; steroid plan; reason for change in insulin doses; & brand of meters if applicable
- **Brighton, Hove, High Weald, Lewes and the Havens (RSCH area)** - Diabetes Care For You.  
Email a copy of the discharge summary to [SC-TR.sussexdiabetesenquiries@nhs.net](mailto:SC-TR.sussexdiabetesenquiries@nhs.net) and call 0300 303 8066 to arrange urgent (within 24 hrs) follow up (9-5 weekday; 9-1 weekends)
  - **Mid Sussex, Horsham (PRH area)** – Community or hospital follow-up  
Email discharge summary to [bsuh.diabetes.in.patients.referrals.prh@nhs.net](mailto:bsuh.diabetes.in.patients.referrals.prh@nhs.net); and if registered with a GP below\* copy in [sc-tr.diabetesnorthmidsussexspecialistnurseste@nhs.net](mailto:sc-tr.diabetesnorthmidsussexspecialistnurseste@nhs.net) for follow up
  - **Other areas (e.g. Eastbourne, Worthing )**  
Email a copy of the discharge summary to [bsuh.diabetesdirect@nhs.net](mailto:bsuh.diabetesdirect@nhs.net) who will arrange appropriate follow up

## \* Discharge to Mid-Sussex GPs

- **Mid Sussex, Horsham (PRH area)** – Community follow-up

Email discharge summary to [bsuh.diabetes.in.patients.referrals.prh@nhs.net](mailto:bsuh.diabetes.in.patients.referrals.prh@nhs.net); and if registered with a GP below\* copy in [sc-tr.diabetesnorthmidsussexspecialistnurseste@nhs.net](mailto:sc-tr.diabetesnorthmidsussexspecialistnurseste@nhs.net) for follow up

Crawley Down Health Centre	Handcross Surgery	Judges Close Surgery	Moatfield Surgery
Partridge Green surgery	Ship Street Surgery	Cowfold Surgery	Cuckfield surgery
Lindfield Surgery	Meadows Surgery	Silverdale Surgery	Hassocks Surgery
Hurstpierpoint Health Centre	Parkview Surgery	The Brow Medical Centre	Dolphins Surgery
Newtons Surgery	Northlands Wood Surgery		

- **If you have an urgent query regarding a patient who is due for discharge, please call 01444 444 788 between the hours of 9am and 4pm to speak to a Diabetes Specialist Nurse.**